

**FOR DCFS-SERVED YOUTH**  
**KNOW YOUR RIGHTS FOR SEXUAL HEALTH SERVICES**



<p>In California, a youth of <b><u>any age</u></b> has the right to obtain care for the prevention and treatment of pregnancy including:</p>	<ul style="list-style-type: none"><li>• Birth control</li><li>• Emergency Contraception (morning after pill)</li><li>• Pregnancy Testing</li><li>• Prenatal Care</li><li>• Abortion</li></ul>
<p>You have the right to access these services on your own, no adult needed. You do <b>NOT need anyone's permission</b>, not even that of your parents, and they cannot be notified that you accessed these services without your permission.</p> <p>You may be excused from school to attend confidential medical appointments. Look to your school district for information on its policy on confidential medical appointments.</p>	
<p>If you are <b><u>12 years and above</u></b>, you have the right to obtain:</p>	<ul style="list-style-type: none"><li>• Testing and Treatment of Sexually Transmitted Infections (STIs)</li></ul>
<p>If you are <b><u>younger than 12</u></b>, you will need your parent's, or legal guardian's, permission to obtain:</p>	<ul style="list-style-type: none"><li>• Testing and Treatment of Sexually Transmitted Infections (STIs)</li></ul>
<p style="text-align: center;"><b>If you have any questions regarding sexual health services, please contact your doctor or medical provider.</b></p>	

## FOR DCFS- SERVED YOUTH

### SEXUAL HEALTH SERVICES AVAILABLE AT THE MEDICAL HUB CLINICS

Sexual/reproductive health services are free of charge for DCFS dependent youth in foster care with full scope Medi-Cal coverage and are confidential.

DCFS youth under a parent's or caregiver's insurance may sign up for the Family Planning, Access, Care, and Treatment (**Family PACT**) program at participating Medical Hubs indicated below to receive free and confidential sexual/reproductive health services. Youth are eligible up to the age of 18.

Medical Hub	Sexual Health Services Available	Available Birth Control Methods
<p><b>High Desert Regional Health Center</b> 335 East Avenue I Lancaster, CA 93535 (661) 471-4055</p>	<p>The High Desert Hub provides comprehensive care to adolescents, including contraceptive counseling, Depo-Provera shots and prescriptions for birth control and follows the youth as needed. Nexplanon (sub dermal contraceptive) implants are routinely done at the High Desert Hub. A nurse practitioner is certified to insert IUDs. The High Desert Hub routinely provides STI testing and treatment.</p> <p>Youth may contact the Hub at 661-471-4055 and request an appointment.</p>	<p>Oral Contraception; Birth Control Patches; Birth Control Rings; Male Condoms; Depo Provera shots; Sub-dermal Contraception (Nexplanon); Intra Uterine Devices (IUDs).</p> <p style="color: red;"><b>Family PACT provider</b></p>
<p><b>Olive-View UCLA Medical Center Hub</b> 14445 Olive View Dr. Sylmar, CA 91342 (818) 364-4680</p>	<p>Adolescents referred to the Hub are offered preventive health services that include anticipatory guidance regarding sexual development, reproductive health, Sexually Transmitted Infections (STIs) according to the American Academy of Pediatrics and other guidelines. When appropriate, contraception is offered to adolescents who are followed in this Hub Clinic. STIs (other than HIV) are treated by providers in the Hub when appropriate.</p> <p>Obstetric services are not offered at the Hub.</p>	<p>Oral Contraception; Birth Control Patches; Birth Control Rings; Male Condoms; Depo Provera shots; Sub-dermal Contraception (Nexplanon).</p> <p style="color: red;"><b>Family PACT provider</b></p>
<p><b>LAC+USC East San Gabriel Valley (ESGV) Satellite Hub</b> 4024 N. Durfee El Monte, CA 91732 (626) 450-8930</p>	<p>ESGV Satellite Hub provides reproductive health information to DCFS youth during the Initial Medical Exam or during a follow up appointment. According to the Child Health and Disability Prevention Program guidelines, health education and anticipatory guidance is extended to the youth as determined appropriate, including reproductive health information.</p> <p>If the youth expresses a wish to receive reproductive/contraceptive services, s/he is referred to the Adolescent Care and Transition Clinic at the LAC+USC Medical Center or community/local family planning clinics.</p> <p>ESGV provides prescriptions for oral contraceptives. Above referral is made only for those who wish to get more services which ESGV cannot provide.</p>	<p>Oral Contraception.</p>

<p><b>LAC+USC Medical Center Hub</b>  SCAN Clinic  CATC Clinic  ACT Clinic  2010 Zonal Ave.  3rd Floor,  Los Angeles, CA 90033  SCAN (323) 409-3800  CATC (323) 409-5086  ACT (323) 409-3233</p>	<p>LAC+USC is committed to providing comprehensive primary health care to teens, including discussing issues regarding the teen's sexual health with the teen. STI testing is provided as are prescriptions for oral contraceptives that are filled at the pharmacy.</p> <p>LAC+USC, through its Adolescent Care and Transition (ACT) Clinic, offers extensive evidence-based reproductive health services. Expedited appointments for contraception counseling are available. Depo-Provera injections, emergency contraception, and long-acting reversible contraception (e.g. intrauterine devices, subdermal implants) are administered same day. Other forms of birth control are offered through prescription. The clinic offers STI testing and treatment including HIV prophylaxis. Counseling includes condom education and distribution. Family-Pact is available for patients requesting privacy.</p> <p>For contraception only appointments, a foster youth/Non Minor Dependent (NMD) may self-refer and call (323) 409-3233 and request an appointment for birth control.</p>	<p>Oral Contraception;  Birth Control Patches;  Birth Control Rings;  Male Condoms;  Female Condoms;  Dental Dams;  Depo Provera shots;  Emergency Contraception;  Post-Exposure HIV prophylaxis (PEP);  Sub-dermal Contraception (Nexplanon);  Intra Uterine Devices (IUDs).</p> <p><b>Family PACT provider</b></p>
<p><b>Martin Luther King, Jr. Outpatient Center</b>  1721 E. 120<sup>th</sup> St.  Los Angeles, CA 90059  (424) 338-2900</p>	<p>The MLK, Jr. Hub provides comprehensive primary medical care for adolescents, including STI testing/treatment and contraceptive services. Two certified Family Planning Health Workers are available to provide counseling regarding birth control options. The Hub provides same-day in-clinic placement of subdermal contraceptive implants (Nexplanon) and contraceptive injections (Depo-Provera), prescriptions for birth control rings, pills and patches, and distribution of male condoms. Expedited appointments for Intrauterine Device placement are available at the MLK Outpatient Center Women's Clinic. Family-Pact (for adolescents with no health insurance or who request privacy) is offered at MLK Hub.</p> <p>To receive an appointment for birth control without a Hub referral, youth/NMDs should contact one of the following medical case workers and self-identify as currently in the foster care system:  Roxana Alarcon (424) 338-2908  Melody Stewart (424) 338-2903</p>	<p>Oral Contraception;  Birth Control Patches;  Birth Control Rings;  Male Condoms;  Depo Provera shots;  Emergency Contraception;  Post-Exposure HIV prophylaxis (PEP);  Sub-dermal Contraception (Nexplanon).</p> <p>Intra Uterine Devices (IUDs) available at MLK Outpatient Center Women's Clinic.</p> <p><b>Family PACT provider</b></p>

<p><b>Childrens Hospital Los Angeles</b> Initial Medical Clinic 3250 Wilshire Blvd. 3<sup>rd</sup> Floor LA, CA 90010 (323) 361-7713 Fax (323) 361-3843</p>	<p>Reproductive health education is a part of an adolescent Initial Medical Exam (IME) (teen anticipatory guidance). The CHLA Hub works to connect the teen to a medical home for contraception. If teen is to be followed at CHLA for ongoing care, CHLA provides the contraception at the IME visit. The CHLA Adolescent Medical Clinic provides sub dermal contraceptive implants (Nexplanon). Nexplanon appointments at CHLA's Adolescent Medicine Clinic may be scheduled by contacting Dayanara Bocanegra, 323-361-3936, <a href="mailto:dbocanegra@chla.usc.edu">dbocanegra@chla.usc.edu</a>. Youth with straight MediCal may self-refer.</p> <p>Youth are also referred to LAC+USC Adolescent Care and Transition Clinic.</p>	<p>Oral Contraception; Birth Control Patches; Birth Control Rings; Male Condoms; Depo Provera shots; Emergency Contraception; Sub-dermal Contraception (Nexplanon).</p> <p><b>Family PACT provider</b></p>
<p><b>Harbor-UCLA Medical Center</b> 1000 W. Carson St. Torrance, CA 90509</p> <p>Child Crisis Center (310) 222-3567 K.I.D.S Clinic (310) 222-6504</p>	<p>Adolescents referred to the Hub are offered preventive health services that include anticipatory guidance regarding sexual development, reproductive health, and Sexually Transmitted Infections (STIs). Contraception is offered to adolescents who are followed in this Hub Clinic or involved with DCFS. Contraception injections (Depo-Provera) and sub-dermal contraceptive implants (Nexplanon) are provided at the clinic and prescriptions can be given for the birth control pills, rings and patches. Male condoms are also provided. Expedited appointments to gynecology are made for Intrauterine Devices (IUD). Sexually transmitted infections (other than HIV) are treated by providers in the Hub when appropriate. A youth/NMD may call the Hub directly and self-identify as being in the foster care system and ask for an appointment for birth control or other sexual health care needs without a referral. FamilyPact (for adolescents with no health insurance or HMO Medi-Cal plans (except Kaiser)) is also offered.</p> <p>To receive sexual health services please call: (310) 222-3567 and ask for: Raquel Ramirez Ayana Harrison</p>	<p>Oral Contraception; Birth Control Patches; Birth Control Rings; Male Condoms; Depo Provera shots; Emergency Contraception; Post-Exposure HIV prophylaxis (PEP); Sub-dermal Contraception (Nexplanon); and Intra Uterine Devices (IUDs) are available in gynecology.</p> <p><b>Family PACT provider</b></p>

**It is helpful to speak with a health care provider about types of available birth control to inform your decision of which option might best meet your needs. Also, please note that listed below in “Resources for Youth” are websites that provide detailed information on every type of available birth control method, such as [Bedsider.org](http://Bedsider.org) and [StayTeen.org](http://StayTeen.org).**

## RESOURCES FOR YOUTH

<b>Access to Condoms</b>	
<a href="http://Projectula.org">Projectula.org</a>	<p>Project U LA is a LA-specific site that was developed using Center of Disease Control funding that LAUSD received. Contains teen-friendly information and videos and links to free condoms.  <i>(Sponsored by the HIV/AIDS Prevention Unit of Los Angeles Unified School District, for youth age 13 and above)</i></p>
<a href="http://Teensource.org">Teensource.org</a>	<p>The Condom Access Project (CAP), supported by funds provided by the Center for Disease Control and Prevention (CDC), offers free condoms to youth 12 to 19 years old who live in California. If eligible, youth receive a padded yellow envelope with 10 condoms, 10 packets of lube, information about sexually transmitted diseases (STDs), and information on who to contact if there is a problem. Teensource.org also offers links to finding a clinic, and information on birth control, STIs, relationships and the rights of youth.  <i>(Sponsored by Essential Access Health)</i></p>
<a href="http://LAcondom.com">LAcondom.com</a> or <a href="http://publichealth.lacounty.gov">publichealth.lacounty.gov</a>	<p>This site, created by the Los Angeles County Department of Public Health, offers to send free condoms via regular U.S. mail to youth living in Los Angeles County. Free brochures and clinic referrals are also available, as well as information on STIs, how to use condoms, and other birth control methods.  <i>(Sponsored by the Los Angeles County Department of Public Health)</i></p>
<b>Access to Other Birth Control</b>	
<a href="https://www.plannedparenthood.org/get-care/birth-control-online/california">https://www.plannedparenthood.org/get-care/birth-control-online/california</a>	<p>Planned Parenthood affiliates in California launched <b>Planned Parenthood Direct™</b>, a new mobile app that allows men and women to order confidential STD testing kits through their mobile phone and, if they test positive, receive treatment. The app allows people to talk to a Planned Parenthood provider online and face to face through a secure video consultation system, and then receive birth control or an STD test kit and treatment, if necessary, in the mail.  <i>(Sponsored by Planned Parenthood)</i></p>
<b>Education Videos for Youth</b>	
<a href="http://RealStories.org">Real Stories videos:</a> <a href="http://Bedsider.org">Bedsider.org</a>	<p>Has an array of videos providing comments from young people who have used each birth control method. Youth have responded very favorably to these videos. The viewer can put his/her cursor on the images of the different methods and click on each method to see new videos. Male and female and LGBTQ youth are featured who represent the ethnic diversity of DCFS-served youth.  <i>(Sponsored by The National Campaign to Prevent Teen and Unplanned Pregnancy)</i></p>
<a href="http://StayTeen.org">StayTeen.org:</a>	<p>There are a variety of videos about each method of birth control. StayTeen.org is geared towards a younger audience than Bedsider.org.</p> <ul style="list-style-type: none"> <li>• Birth Control 101: Pregnancy - <a href="http://stayteen.org/videos/birth-control-101-pregnancy">http://stayteen.org/videos/birth-control-101-pregnancy</a></li> <li>• Other Birth control 101 videos: <a href="http://stayteen.org/videos">http://stayteen.org/videos</a></li> </ul> <p><i>(Sponsored by The National Campaign to Prevent Teen and Unplanned Pregnancy)</i></p>
<a href="http://SexEtc.org">SexEtc.org:</a>	<p>A variety of videos on different topics. <a href="http://www.sexetc.org/sex-ed/videos/?pageNum=1">http://www.sexetc.org/sex-ed/videos/?pageNum=1</a></p>

	<p>Male and female and LGBTQ youth are featured who represent the ethnic diversity of DCFS-served youth.  <i>(Sponsored by Answer, a national organization that provides and promotes unfettered access to comprehensive sexuality education for young people and the adults who teach them)</i></p>
<p><a href="https://www.plannedparenthood.org/teens">https://www.plannedparenthood.org/teens</a></p>	<p>Planned Parenthood for Teens: Only contains a few videos, but they also have games/quizzes for teens.  Male and female and LGBTQ youth are featured who represent the ethnic diversity of DCFS-served youth.  <i>(Sponsored by Planned Parenthood)</i></p>
<p><a href="https://www.plannedparenthood.org/learn/birth-control">https://www.plannedparenthood.org/learn/birth-control</a></p>	<p>Planned Parenthood: There's a video for each method – you have to click on each one.  <i>(Sponsored by Planned Parenthood)</i></p>

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